



LIFE MAGAZINES

MONTHLY A5 LOCAL LIFESTYLE MAGAZINES

MASSERA - Sport & Remedial Massage

I became interested in sports massage following a series of injuries I had, whilst motocrossing. Do you remember that chap at the Handicentre who was always in a sling or on crutches? That was me! I went on an introductory course, managed to receive a treatment there on a shoulder injury that hadn't settled down, and was hooked!

I trained at the North London School of Sport Massage and graduated with a BTEC Diploma in December 2008. Massera began trading in February 2009, offering treatment at Southwell Physiotherapy and Sports Injury Clinic or at your home.

So, who could benefit from a sports massage? In short, anybody. The term 'sports massage' describes the treatment and not the client, so anyone with a soft tissue injury (regardless of its cause) will benefit. Much of my work centres on work and lifestyle related issues, anything from hairdressers' shoulders to gardeners' backs, so don't imagine you have to be an Olympic athlete to benefit.

What can you expect when you book a massage? Firstly a short medical history is taken, to ensure that treatment will be safe for you, and to get the background on the problem. Then it's onto the treatment couch to assess the injury and to treat the

problem. A sports massage can be quite an active experience, depending on the treatment required; you can feel as though you've had a bit of a workout by the end.

Whilst massage is a hands-on treatment, there is no need to feel self conscious. You will be covered by a large towel, with only the area being treated uncovered. Some techniques actually work better through the towel and my hands "see" better when I don't look, so I spend much of my time looking out of the window anyway!

So, whether you are a serious athlete, a couch potato, or anything in-between, don't suffer aches and pains needlessly; book a treatment today.

Nick Howell

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